

Haringey Resource: Memory loss and confusion

As you get older, you might feel you can't remember things or solve problems as easily as you used to. For most of us, this is nothing to worry about. Keep yourself as active and alert as you can, exercise helps your brain, as do puzzles and games.

For further information about memory loss and confusion, see the **Haringey and Enfield Ageing Well Guide**. The guide is available here: <https://www.haringey.gov.uk/social-care-and-health/older-people/ageing-well-haringey/ageing-well-haringey-guide>

If you have any concerns about problems with memory and confusion, it is important to talk to your GP to identify what might be the cause and get the right treatment as early as possible.

Caring for someone with dementia

When you are caring for someone with dementia there is a chance you too may need support at some point.

This leaflet sets out information on some of the **local Haringey** activities, services and groups that are available to support carers of people with dementia.

Help with understanding what is in this leaflet

If you want to speak to someone about the information in this leaflet, please call the **Haynes Information Hub** on ☎ **020 8489 5895**

Reminiscing and dementia

For information on local reminiscence-based activities for people with dementia happening across **Haringey** please see the Reminiscing and dementia information sheet.

To access a copy of the reminiscing and dementia information sheet please email DementiaFriendly@haringey.gov.uk

Haringey Carers support and dementia

Carer meet ups

<p>Monthly Information Café, Wood Green</p>	<p>Peer support opportunity for carers of people with dementia to come together and have a chat with people who understand. Refreshments are provided.</p> <p>The group is for carers, but their 'cared for' are welcome to attend. Activities are set up for them in the Day Centre to keep them entertained and give the carer some respite.</p> <p>Carer Support Advisors are on hand to offer information, and advice. A guest speaker sometimes joins the café.</p>	<p>Where: Cypriot Centre, Earlham Grove, Wood Green, N22 5HJ When: First Tuesday of every month, 10.30am to 12pm Cost: Free How to join: All carers are welcome and there is no need to book in advance. Contact: If you have any questions, please contact either:</p> <ul style="list-style-type: none"> • the Cypriot Centre on • ☎ 0208 881 2329 • email cccdayservices@gmail.com <ul style="list-style-type: none"> • Carers First on • ☎ 0300 303 1555 • email wf@carersfirst.org.uk
<p>All Carers - Virtual Peer Support Coffee Morning Break</p>	<p>Join the peer support group, share information and feel connected to other carers who understand the caring journey.</p>	<p>When: Every Friday 10-11am Where: Online Cost: Free How to join: To book a place:</p> <ul style="list-style-type: none"> • email Carers First on wf@carersfirst.org.uk or • call Carers First on • ☎ 0300 303 1555 <p>Webpage: https://www.carersfirst.org.uk/haringey/groups-and-events/all-carers-virtual-coffee-break/</p>

Where to get advice quickly if you need it

Dementia UK Admiral Nurse Direct

Provide a free, confidential helpline that is run by specialist dementia nurses. Helpline opening hours:

- Monday to Friday 9am-9pm
- Saturday and Sunday 9am-5pm
- Open bank holidays (9am-5pm), except 25th December

☎ 0800 888 6678

Email: helpline@dementiauk.org

Website address: <https://www.dementiauk.org/>

Haringey Carers support and dementia

Carer meet ups

Carers monthly meeting, Tottenham

Opportunity to catch up with other carers and carer news whilst getting interesting and valuable information from a guest speaker each month. Refreshments are provided.

Open to all carers, including carers of people with dementia.

Where: The Engine Room
Unit A, Eagle Heights
Lebus Street
London N17 9FU

When: Second Wednesday of every month, 1:30-3:30pm.

Cost: Free

How to join: To book a place:

- **email** Carers First on wf@carersfirst.org.uk or
- **call** Carers First on
- **☎** 0300 303 1555

Webpage:

<https://www.carersfirst.org.uk/haringey/groups-and-events/monthly-meeting/>

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Haringey Carers support and dementia

Dementia Awareness and support

Turkish Women's Philanthropic Association

'Dementia Awareness and Support Group'

Each week we have a group discussion people talk about their worries and concerns. We talk about diets, and we also do gentle exercises. We also practice cognitive skills.

The group is open to all, including carers and people living with dementia.

The sessions are delivered in both Turkish and English.

When: Weekly every Tuesday 10:30am to 12pm (closed over Christmas, Easter and the month of August)

Where: TWPA Centre, 4 Willoughby Road, Hornsey, London, N8 OHR

Cost: Free

How to join: Bookings are not required just turn up on the day.

Contact: ☎ 0208 340 1600

Email: info@twpa.co.uk

Website: www.twpa.co.uk

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Haringey Carers support and dementia

Carer's respite

'Tom's Club', Hornsey, Tottenham

'Tom's Club' is an information, therapeutic and social support group for people living with Dementia and their Carers. All people living with Dementia, their family members, friends, and carers are welcome.

Where and When:

- First Wednesday of the month, 1.30-3pm: The Haynes Day Centre, 151 Park Road, Hornsey N8 8JD.
- Second Wednesday of the month, 1.30-3pm: Chestnuts Community Centre, Chestnuts Park, 280 St Ann's Road, London, N15 5DN
- Fourth Wednesday of the month, 1.30-3pm: The Haynes Day Centre, 151 Park Road, Hornsey, N8 8JD.

Cost: Free

How to join: To join please contact Haringey Memory service.

☎ 0208 702 6300

Email: beh-tr.victoriareceptioninbox@nhs.net

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Haringey Carers support and dementia

Carer's respite

'The Haynes' Dementia Hub, Hornsey

The Haynes Centre is a specialist dementia hub that provides different levels of support to those diagnosed with dementia.

Day Service Provision: offered via social worker referrals to adults with a moderate or severe dementia diagnosis

The Day Opportunities Hub is open to everyone with a dementia diagnosis, including those who can support themselves and those who need to bring someone to support them, such as a personal assistant or a family member. The Hub offers preventative and delaying activities.

The *Information hub* is open to everyone in Haringey seeking a support network, information and guidance around dementia.

When: Monday to Friday 10am to 3pm

Where: 151 Park Road, Hornsey, N8 8JD

Cost: Contact the general enquiries line for cost details for the Day Service Provision or the Day Opportunities Hub.

How to join:

- *Day Service Provision:* offered via social worker referral to adults with a moderate or severe dementia. If you do not have a social worker, ask for a needs assessment. Find out about needs assessments at <https://www.haringey.gov.uk/social-care-and-health/social-care-policy-and-practice/care-act-2014/assessments-under-care-act>
- *Day Opportunities Hub* is open to everyone with a dementia diagnosis. You can access the hub yourself or by family, GP or social worker referral. This is also offered on a pay-as-you-go basis.

Contact:

- General enquiries
- ☎ 020 8489 5895
- Key workers and hub bookings
- ☎ 020 8489 5925
- **Email:** thehaynes@haringey.gov.uk

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Haringey Carers support and dementia

Carer's respite

'Grace Organisation', Tottenham	Provides day care services to older people with long-term physical and mental health issues, including dementia.	When: Monday to Friday, 9am to 5pm. Where: Pretoria Road Community Centre, Pretoria Road, Tottenham, N17 8DX Cost: For cost information contact the Grace at the below contact details. How to join: You can access the Grace directly yourself or via social worker referral. If you do not currently have a social worker, ask for a needs assessment. You can find out about needs assessments at https://www.haringey.gov.uk/social-care-and-health/social-care-policy-and-practice/care-act-2014/assessments-under-care-act Contact: ☎ 020 8808 0718 Email: mailfrom@graceorganisation.co.uk Webpage: https://www.graceorganisation.co.uk
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Haringey Carers support and dementia

Carer's respite

'Cypriot Day Centre', Wood Green	<p>Offers day centre provision to elderly clients, including those with dementia.</p> <p>Provides a range of activities to stimulate clients' wellbeing, promote social interaction and enhance their physical and cognitive skills.</p>	<p>When: Monday to Friday, 9am to 2pm.</p> <p>Where: Day Centre, Cypriot Community Centre, Earlham Grove, Wood Green, N22 5HJ</p> <p>Cost: For information about cost please contact the Day Centre at the details below.</p> <p>How to join: You can access the Cypriot Day Centre directly yourself or via social worker referral. If you do not currently have a social worker, ask for a needs assessment. You can find out about needs assessments at https://www.haringey.gov.uk/social-care-and-health/social-care-policy-and-practice/care-act-2014/assessments-under-care-act</p> <p>Contact: ☎ 0208 881 2329 Email: cccdayservices@gmail.com Webpage: https://cypriotcentre.com/daycare-services/</p>
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Haringey Carers support and dementia

Health and wellbeing

<p>Carers Gentle Morning Exercise, online</p>	<p>Morning exercise class to improve your reflexes. Wear comfortable clothing, and shoes, and be on a non-slip floor for the exercise.</p> <p>Also, get a scarf, or tie, ready for gentle movements, and at the end, you relax with soothing meditation that rejuvenates your whole body.</p>	<p>When and where: The 1st Thursday of the month, 9.30 – 10.30am. Where: online. Cost: Free How to join: Call Carers First ☎ on 0300 303 1555 or email on WF@carersfirst.org.uk to register for the class. A link will be sent via email with login details.</p>
<p>Online facial reflexology</p>	<p>Focuses on pressure points in the face to alleviate stress, achieve relaxation and improve circulation. For the session it is suggested you have a face oil or oil moisturizer, water to drink, and hair off face.</p>	<p>When: Monthly sessions, Monday 5.30pm - 6pm and Thursday 9:30am -10:30am Where: online. Cost: Free How to join: Call Carers First ☎ on 0300 303 1555 or email WF@carersfirst.org.uk to register for the class. A link will be sent via email with login details.</p>

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Haringey Carers support and dementia

Health and wellbeing

'Haringey Walks', Weekly Wellbeing Walks

The Wellbeing Walks are local group walks led by trained walk leader volunteers across Haringey's parks and green spaces.

The walks are a great opportunity to meet new people and improve your mind, body and spirit.

When and Where: Walks are run multiple times a week on different days and in different parks. See **Haringey's what's on calendar** for the latest walking group dates, time and locations at

<https://new.haringey.gov.uk/events?category=632&combine=walks>

Cost: Free

How to join: No booking needed. Please arrive a few minutes before the start of the walk and introduce yourself to the walk leader.

For more information:

- **Website:**
<https://new.haringey.gov.uk/events?category=632&combine=walks>
- **Email:**
get.active@haringey.gov.uk
- **☎:** 07971 113 463

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Website address: <https://www.dementiauk.org/>

Haringey Carers support and dementia

Health and wellbeing


<p>‘Carers First’ Online activities</p>	<p>Carers First run a number of online sessions to support wellbeing, the sessions offered are regularly updated, but have included Pilates, and Yoga.</p>	<p>Where: Held via Zoom (see website link below for further detail) Cost: Free How to join: Please check the Carers First website https://www.carersfirst.org.uk/haringey/groups-and-events/#groups+and+events or call the helpline on  0300 303 1555</p>
<p>‘Haringey Talking Therapies’, Haringey wide</p>	<p>Haringey Talking Therapies is a free NHS, psychological therapy service offering support for a range of common mental health difficulties such as depression and anxiety, OCD, PTSD and more.</p> <p>The service is for anyone over the age of 16 who lives or is registered with a GP in the London Borough of Haringey.</p>	<p>Where: The service is based in Crouch End Health Centre. However, the service works and offers treatment in various community sites across the East and West of Haringey. When: Open Monday to Friday, 8am to 5pm (closed bank holidays) Cost: Free How to access: You can self-refer online at https://www.whittington.nhs.uk/default.asp?c=44171 For further information contact the team at  0203 074 2280 or email haringey.talkingtherapies@nhs.net</p>

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Haringey Carers support and dementia

Carer's support

'Mobilise'	Mobilise offers carers a seven day a week access to online support, including tools, guides and resources, virtual cuppas, one-to-one support and a coaching programme for carers. Residents can also access the Mobilise Hub, with online local conversation spaces and live events.	Mobilise is free for Haringey residents and can be accessed via the webpage. Webpage: https://www.mobiliseonline.co.uk/haringey
'Haringey Carers First'	Provides online help and advice, as well as practical and emotional support for carers supporting someone in Haringey.	Contact: ☎ 0300 303 1555 Email: hello@carersfirst.org.uk Webpage: https://www.carersfirst.org.uk/haringey/welcome/

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Haringey Carers support and dementia

Carer's support

'Dementia Carers Count', carer support helpline	<p>Dementia Carers Count is a charity that provides free specialist advice and support to dementia carers</p> <p>Services include advice and advocacy around social care and welfare and clinical psychology and counselling to support emotional wellbeing. We also provide training and consultancy to organisations supporting carers</p>	<p>Contact: Carer support line ☎ 0800 652 1102</p> <p>Availability: Monday to Friday 9am to 5pm</p> <p>Webpage: https://dementiacarers.org.uk/</p>
'Alzheimer's Society' dementia support line	<p>Trained dementia advisers who will listen and give you support and advice and connect you to help.</p>	<p>Contact: ☎ 0333 150 3456</p> <p>Available:</p> <ul style="list-style-type: none">• Monday to Wednesday: 9am – 8pm• Thursday and Friday: 9am – 5pm• Saturday and Sunday: 10am – 4pm <p>Webpage: https://www.alzheimers.org.uk/get-support/dementia-support-line</p>

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